



# METRO HEALTH at Home: Backyard

- Mosquitoes that spread Zika virus bite mostly during the day, but they can also bite at night. **The best way to prevent Zika is to protect yourself from mosquito bites.**

- In addition to Zika, Bexar County periodically sees cases of mosquito-borne West Nile Virus.

## Safety Tips

- San Antonio ozone levels have **exceeded** the newest national clean air standard established in 2015.

- It can take a week or two to get acclimated to hot weather. Start with lighter workouts or by training early or late in the day.

- Use **Environmental Protection Agency (EPA)-registered insect repellents** containing DEET, Picaridin or oil of lemon eucalyptus. When used as directed, EPA-registered insect repellents are proven safe and effective, even for pregnant and breastfeeding women.

- During the hot months keep an eye out for **heatstroke symptoms**, including red, hot, and moist or dry skin, no sweating, a strong rapid pulse or a slow weak pulse, nausea, or confusion.

- Once a week, empty items that hold water, such as tires, buckets, planters, birdbaths, trash cans. **Mosquitoes lay eggs near water.**

- Use screens on windows and doors. **Repair holes** in screens to keep mosquitoes outside.

- Exercising outdoors can be fun, but can expose you to elements – from airborne pollutants to UV radiation – you don't face in a climate-controlled gym.

- Ozone that occurs at ground levels can affect people's respiratory health. Check with your news station for ozone health alert days and consider moving your activities indoors on those days.

- Remember: **heat stress is cumulative.** You're more likely to suffer from heat-related problems if you exercised in hot weather yesterday, even if today is relatively mild.